



# DECEMBER

2020

Callier Child Development



m

B- WG Toast, Egg Omelet, butter, Oranges, Milk  
L-Beef Spaghetti, Carrots, Mixed Fruit, Roll, Milk  
S-Cheese Stick w/crackers 1.

t

B- Cornchex, WG Toast, butter, jelly, Mangos, Milk  
L-BBQ Chicken on Bun, Green Beans, Pears, Milk  
S-Oranges 2.

w

B-WG Biscuit, Turkey Sausage, butter, jelly, Applesauce, Milk  
L-Chicken Fajitas, Pinto Beans, Pineapple, Milk  
S-Cucumber slices w/ranch 3.

th

B-Rice Chex, WG Toast, butter, jelly, Banana, Milk  
L-Turkey Taco, Corn, Apricots  
S-Teddy Grahams 4.

f

B-Cornchex, WG Toast, Mangos, butter, jelly, Milk  
L-Toasted Cheese, Oranges, Corn, Milk  
S-Goldfish 7.

B-Turkey Sausage, WG Waffles, syrup, Baked Apples, Milk  
L-Sloppy Joe on Bun, Pinto Beans, Pears, Milk  
S-Yogurt 8.

B-KIX, WG Toast, jelly, butter, Oranges, Milk  
L-Chicken Alfredo, Green Beans, Pineapple, Milk  
S-Cauliflower w/ranch 9.

B-WG Toast, Cheese, jelly, butter, Applesauce, Milk  
L-Hamburger, Sweet Potato Fries, ketchup, Peaches, Milk  
S-Fresh Pears 10.

B-Blueberry Muffin, Banana, Milk  
L-Turkey & Cheese Sub, Raw Broccoli w/ranch, Mixed Fruit, Milk  
S-Animal Crackers 11.

B-Cheerios, WG Toast, butter, Oranges, Milk  
L-Cheese Pizza, Green Beans, Peaches, Milk  
S-Chex Mix Cheddar 14.

B-Boiled Egg, WG Toast, butter, Apples, Milk  
L-Sweet & Sour Chicken, Roll, Steamed Broccoli, Pineapple, Milk  
S-Cheese w/crackers 15.

B-KIX, WG Toast, Banana, butter, jelly, Milk  
L-Soft Beef Taco, Carrots, Pears, Milk  
S-Graham Crackers 16.

B-Turkey Sausage, WG Toast, Mangos, Milk  
L-BBQ Chopped Chicken on Bun, Pinto Beans, Mixed Fruit, Milk  
S-Oranges 17.

B-Cinnamon Toast, Baked Apples, Milk  
L-Turkey Taco, Corn, Apricots  
S-Goldfish 18.

Winter Holiday  
Callier Closed  
21.

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Winter Holiday  
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Winter Holiday  
Callier Closed  
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Winter Holiday  
Callier Closed  
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Winter Holiday  
Callier Closed  
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Winter Holiday  
Callier Closed  
29.

Winter Holiday  
Callier Closed  
30.

Winter Holiday  
Callier Closed  
31.

### Special Announcements:

Beef Products will be substituted for veggie beef crumbles and patties; Chicken items will be substituted with veggie chicken nuggets or protein; Milk Choices are Whole, Fat-free or Skim All veggies are steamed and fruit lightly drained . WG=Whole Grain



Food and Nutrition Division  
National School Lunch Program and School Breakfast Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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# GALAXY GREENS



The Milky Way is the galaxy which contains our solar system. The name “milky” comes from the Greek word galaxias and is used to describe our galaxy’s appearance as a dim glowing band that arches across the night sky – making individual stars indistinguishable to the naked eye. Inside the Milky Way are at least 100 billion stars. The oldest star in the Galaxy is known as the Methuselah star, and it is at least 13.6 billion years old.

## COMPLETE THE PATTERN



## DID YOU KNOW?

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green. Spinach is an excellent source of beta carotene, a nutrient that helps our immune systems, skin and eyes. Spinach is a very good source of vitamin K for healthy blood and vitamin B6 supporting normal nervous system function and brain development. It is also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium, manganese, folate, vitamin E, vitamin C and iron. Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!



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